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South African HEART ASSOCIATION

NEWSLETTER

Spring 2007

This will be the last newsletter before the SAHA congress in Sun City. We wish the organising committee a great congress and much success. I am aware of all the major effort that goes into organising such an event and would like to thank Tom Mabin, Robbie Kleinloog and all their committee for all their efforts. Also thanks to Sue McGuinness and her team. It will again give us the opportunity to meet in an academic milieu to discuss both academic and business issues.

This year has been extremely busy for all the exco and sub-committee members and I thank them for their major commitments and time voluntarily spent for the benefit of SA Heart.

Thanks to Anton Doubell for the ongoing publication of a most successful SA Heart Journal and to Erika Dau, our secretary, for her ongoing commitment to the association. Thank you to Adriaan Snyders for again taking on the laborious task of publishing the newsletter. Much needs to be said at the congress re the cath lab registry and the way forward in this regard.

The year proceeded as per the usual business but, importantly, further discussions took place with the funders concerning mainly fees and clinical guidelines.

I would like to take the opportunity of thanking all those concerned for all the support I have had as president of the association over the past 2 years and wish my successor, Prof Bongani Mayosi, a very pleasant and successful term of office.

LEN STEINGO

President, SA Heart Association

CASSA NEWSLETTER 4, 2007. DR ANDREW THORNTON – NEWSLETTER EDITOR

One of the most interesting recent developments has been the association between CASSA and a patient advocacy group called PACE. PACE is an acronym for prevent arrhythmic cardiac events and was set up by the family member of a young lady who had a resuscitated sudden cardiac death while at school and subsequently received an implantable cardiac defibrillator. PACE's aim is to prevent arrhythmic cardiac events that lead to sudden death, particularly in healthy young and fit individuals. It attempts to raise awareness of sudden cardiac death amongst the public by way of exposure in multiple different media. They have also started support groups in various areas of the country for families of patients with, or at risk of, sudden cardiac death. A number of AEDs have been handed over to schools in the Western Cape, and it is planned to expand this to schools countywide and to other venues such as sporting arenas and the like. It is hoped that ICD patients will also be able to derive benefit from the support group.

The upcoming SAHA Congress, while not specifically targeted at arrhythmias, includes a number of sessions on arrhythmias and heart failure, with specific emphasis on atrial fibrillation and cardiac resynchronization therapy. I would ask you to look at the SAHA website for full details of the Congress in general and the rhythm related sessions in particular. In addition there will also be the CASSA AGM, at which we hope to announce some useful and interesting developments.

The year continues to roll by and CASSA has continued with its programme of road-shows outside of the major centres, with successful meetings having been held in both Limpopo and the Eastern Cape.

We hope to see as many of you as possible at the Congress so we can update you on our upcoming plans.

HeFSSA NEWS

The past year has seen the inaugural HeFSSA Executive fulfil its mandate to establish a viable Special Interest Group within SA Heart Association attending to the needs of medical practitioners with an interest in Heart Failure in South Africa (and Africa). The Society focuses on the public and private sectors as well as the research environment.

I would like to thank the current Executive Committee (elected until end 2008) for their continued contribution and hard work. The Executive consists of:

Chairman	Prof Karen Sliwa
Secretary	Dr Eric Klug
Treasurer	Dr Olaf Forster
Members	Drs K O'Connell, M Mpe, S Middlemost Prof J Brink and J Moolman
Industry	Mr W Stranix Mr R Moul
Executive Officer	Mr G Nel

Our aim to promote educational opportunities for our members has seen the following during 2007:

- A **Fellows Workshop**: the 2007 workshop focused on echocardiography, specifically the methods used for assessing and managing patients with heart failure. Ten Fellows in training attended the workshop, with Drs Shirley Middlemost and Darryl Smith as lecturers (see pic). This workshop will be an annual event. We appreciate the support received from Medtronic and GE Healthcare.
- From 12-16 May 2007, **PASCAR** together with the Kenyan Cardiac Society and HeFSSA had a very successful congress in Nairobi, Kenya. HeFSSA played a very important organizational and academic role in the planning of, conducting and presentation at the congress. Karen Sliwa and Eric Klug, besides chairing



sessions, organized the poster sessions, also presented on "The Burden of Heart Failure in Soweto" and "Inotropes in Heart Failure" respectively. Vinesh Vaghela, a member of HeFSSA, presented on "Beta-blocker treatment in Africa" and another member of our society, Kemi Tibazarwa, spoke on "Heart awareness Day in Soweto". A lunchtime meeting held jointly between HeFSSA and the WHFS (World Heart Failure Society) was well attended and both Karen Sliwa and Pim Remme (President of WHFS) presented information on their respective societies.



- As a SIG HeFSSA has been an active member of the **Heart 2 Heart Congress 2007** Steering Committee (SA Heart Annual Congress at Sun City) and has substantially contributed to content and program design to ensure that this congress will live up to delegate expectation. A concerted effort was made to ensure that basic science and academia is accommodated in such a way that all participants share in the opportunity. The **SA Heart Journal** congress edition has been prepared with Prof Sliwa as editor.
- HeFSSA Executive (specifically Drs Olaf Forster, Eric Klug and Martin Mpe) has been contributing towards furthering academia through grading of Abstracts submitted for both PASCAR and SA Heart Congress.
- The important **Heart of Soweto Registry** (under the guidance of Prof Sliwa) has collected data on 4602 consecutive patients attending the Baragwanath Hospital Cardiac Clinic between January and December 2006. 52% of patients presented with heart failure, underlining the importance of this syndrome and hence the ongoing efforts to create a vital, useful Heart Failure Society (in South Africa but also an African network).
- The HeFSSA website www.hefssa.org is updated regularly and is a reference point for our members and those interested in Heart Failure. Of specific interest is the new section "**Life with Chronic Heart Failure**" – during the year we introduced **Pilates** for the chronic heart failure patient as an important step in re-conditioning the heart failure patient. Subsequent lifestyle issues to be included in this exciting new feature will be dietary and psychological advice for patients coping with a debilitating chronic condition. We hope to promote a holistic approach in dealing with the HF patient and to equip the patient with knowledge and contribute positively to managing the disease.

Industry representation has assured a close liaison facilitated by George Nel. We continue to pursue collaboration on issues of

HeFSSA NEWS cont.

common interest, which include facilitation of educational resources expenditure, advice on applications, guidelines, etc. We remain very grateful to the industry for the financial and strategic support received. Our principal corporate supporters are Medtronic, Pharmadynamic, E Merck, Roche Diagnostic and Pharma, as well as Abbott.

We believe the survival of a strong Special Interest Group in heart failure is in the best interests of all stakeholders (physicians, industry vendors, health funders, hospital groups, government) and especially patients. For this reason, we appeal to all to get involved in HeFSSA and contribute towards achieving our objectives.

We aim to continue to develop our areas of influence and offer a HELPLINE through our Executive Officer, George Nel, whereby any party can access us with enquiries, requests for assistance, lobbying, etc. His direct line is 083-458-5954. These requests will be dealt with in a professional and efficient manner to provide a vital service to all.

REMEMBER!
24 November 2007
HeFSSA Congress Day and AGM

LOUIS VOGELPOEL TRAVELLING SCHOLARSHIP

Applications are invited for the first annual Louis Vogelpoel Travelling Scholarship.

An amount of up to R15 000 towards the travel and accommodation costs of a local or international congress will be offered annually by the Cape Western branch of the South African Heart Association in memory of one of South Africa's outstanding cardiologists, Dr Louis Vogelpoel.

Louis Vogelpoel was a pioneer of cardiology in South Africa, who died in April 2005. He was one of the founding members of the Cardiac Clinic at Groote Schuur Hospital and University of Cape Town. He had an exceptional career over more than 5 decades as a distinguished general physician, cardiologist and horticultural scientist. His commitment to patient care, teaching and personal education is remembered by his many students, colleagues and patients. Medical students, house officers, registrars and consultants benefited from exposure to his unique blend of clinical expertise, extensive knowledge, enthusiasm and gracious style.

A gifted and enthusiastic teacher, he was instrumental in the training of generations of undergraduates by regular bedside tutorials. He served as an outstanding role model for postgraduates and many who have achieved prominence nationally and internationally acknowledged his contribution to the development of their careers.

The scholarship will be awarded after all applications have been received and reviewed by the executive committee of the Cape Western branch of the South African Heart Association. Preference will be given to practitioners or researchers in the field of cardiovascular medicine who are members of the South African Heart Association and are resident in the Western Cape.

Applications should include 1) a brief resumé of the work the applicant wishes to present at the congress and 2) a brief letter of what the applicant hopes to gain by attending the relevant congress. The applicant should submit an abstract for presentation at the relevant national or international meeting. Should such an abstract not be accepted by the relevant congress organizing committee, the applicant will forfeit his or her sponsorship towards the congress. (*Application can however be made well in advance of the relevant congress but will only be awarded on acceptance of the abstract.*) A written report on the relevant congress attended will need to be submitted by the successful applicant within six weeks of attending the congress. The congress report will be published in the South African Heart Association Newsletter.

Applications should be sent to Prof Johan Brink, President of the Cape Western branch of the South African Heart Association, Chris Barnard Division of Cardiothoracic Surgery, Cape Heart Centre, Faculty of Health Sciences, University of Cape Town, Anzio Road, Observatory 7925 or alternatively e-mail: johan.brink@uct.ac.za

Applications for the first round of awards close on the 15th of December 2007.

REPORT - XIX WORLD CONGRESS OF THE INTERNATIONAL SOCIETY FOR HEART RESEARCH. 20-25 JUNE 2007

This meeting was held in Bologna, Italy, a city that houses the oldest University in the world (1088). It was not only the Congress of the World Section, it also included the Annual Meetings of the Australasian, European, Japanese and North American sections, which were hosted in equally prestigious Universities in Italy, namely Padua and Ferrara, from 20 to 22 June.

Almost 2000 delegates and guests came to learn more about all matters relating to the heart from Cell to Man to Society. A very dense program from 8 am till 9 pm was organized in 5 plenary sessions, 56 Frontier symposia, 4 Nobel Laureates and landmark scientific evening lectures, and more than 700 posters. The South African delegation was represented by 9 researchers (11 posters presentations and 2 talks).

Although South Africa belongs to the European section of the ISHR, I elected to attend the American Section meeting that was held prior to the World Meeting in the old Santa Lucia church in Bologna. At that meeting, I was particularly interested in a session on sphingosine 1 phosphate (S1P) and the heart. S1P is a constituent of the HDL particle and is responsible for part of the nitric oxide-mediated vasodilatory effect of HDL. In this session, Prof J Heller Brown, Prof J Karliner and Dr Levkau discussed the potential protective role of various activated S1P receptors isoforms against ischemia-reperfusion. A rapid elevation of S1P-containing HDL plasma levels may be a future therapeutic approach in patients at high risk of acute myocardial infarction.

At the world meeting, various topics were covered with several full sessions on the metabolic syndrome. Prof Yusuf stressed the fact that metabolic syndrome is not a genetic disease but a man-made disease. A novel protein kinase seems to emerge as an important signalling molecule in the heart. Protein kinase D, previously described as protein kinase C μ , has emerging myocardial functions such as the control of cellular growth and survival and, more

recently, its role as a regulator of cardiac gene expression (Dr McKinsey) and contractile function (Prof Avkiran).

Several sessions focused on the protection against myocardial ischemia and reperfusion, with particular emphasis on the recently discovered phenomenon of ischemic postconditioning, whereby small episodes of ischemia-reperfusion, administered immediately upon revascularisation, can protect the heart against reperfusion injury. Understanding the protective pathways involved in this very promising therapy may lead to the development of novel drug therapies to limit cell death in coronary heart disease. Some of the work that we presented at the meeting was related to the critical role of the immune system as a mediator in ischemic postconditioning. Interestingly, we have shown that mice deficient in the cytokine tumor necrosis factor (TNF) failed to be protected with ischemic postconditioning, therefore suggesting that activation of TNF is required for ischemic postconditioning to protect the heart. We also demonstrated that the protective effect of ischemic postconditioning seemed to be dependent on age, as older mice failed to be protected.

Meeting abstracts have been published in *Journal Molecular and Cellular Cardiology*, June 2007, volume 42, Supplement 1 and are available online at <http://www.sciencedirect.com/science/journal/00222828>

I would like to thank the SA Heart Association for their support to attend this very informative meeting.

DR SANDRINE LECOUR

Hatter Heart Research Institute, University of Cape Town

Laureate of the Louis Vogelpoel travelling Scholarship given by the SA Heart Association, Western Cape.

TRAVEL SCHOLARSHIPS OF THE SOUTH AFRICAN HEART ASSOCIATION

This scholarship is available to all its members and associate members. It is primarily intended to assist junior colleagues to ensure continued participation in local or international scientific meetings or workshops.

REQUIREMENTS

- ➔ Applicants must be fully paid-up members/associate members in good standing for at least two years
- ➔ Applications must include
 - full details of the meeting/workshop
 - an abbreviated CV of the applicant
 - a breakdown of the expected expenses
- ➔ Applications must reach the Association a minimum of 3 months before the event to be attended

RECOMMENDATIONS

- ➔ Acceptance of an abstract at the scientific meeting to be attended
- ➔ Invitation to participate at the meeting as an invited speaker
- ➔ Publications in a peer reviewed journal in the preceding year
- ➔ Applicants from a previously disadvantaged community
- ➔ Applicants younger than 35 years of age

APPLICATIONS MUST BE ADDRESSED TO

The President
South African Heart Association
P.O. Box 19062
Tygerberg
7505

THE SELECTION PANEL WILL REVIEW APPLICATIONS TWICE A YEAR. THE CLOSING DATES FOR APPLICATIONS ARE

- ➔ March 31
- ➔ September 30

**A MAXIMUM OF FOUR SCHOLARSHIPS WILL BE AWARDED ANNUALLY
UP TO AN AMOUNT OF R10 000 PER SCHOLARSHIP.**

SOUTH AFRICAN HEART ASSOCIATION

17 October 2007

The Member
SA Heart Association

Dear Colleague

Re: SA Heart Cath Lab Registry



Four years ago SA Heart initiated the development of an independent, self-funded Registry for Cardiac Catheterisation Laboratory procedures. This was in keeping with the international trend, whereby it had become normal practice to keep a database in which professional activities were recorded and collated. Indeed, today such databases are in routine use in many countries to measure the performance and oversee the accreditation of both hospitals and practitioners. I am confident that this type of record soon will be mandated by our authorities as well.

On behalf of the committee managing the project, I am pleased to inform you that the Registry is available to you now, for day-to-day application in your practice.

Your hospital will have been or will shortly be visited by Mrs Elizabeth Schaafsma, who is employed by SA Heart and who is responsible for the roll-out of the project. She will introduce you to the Registry and train you and your staff about data input and transmission.

The Registry is designed to capture cardiac interventional procedures in detail. Work is currently in progress to enable the generation of clinical and procedure reports from the database.

Prof Pravin Manga has been tasked with contacting all cath lab sites in South Africa to recruit a Site Leader who, in turn, shall nominate a member of staff who will be responsible for data capture.

All members of Special Interest Groups are expected to participate. A similar Registry has already been developed in parallel with this one for the needs of Cardiothoracic Surgeons. Dr Anthony Stanley will attend to the particular needs of the various SIGs.

I wish to emphasise that all data entered into the Registry remains confidential and that the only individual empowered to evaluate your personal contribution will be you. All other analyses will be restricted to the pooled data only. There is no intention to use the database for peer review or the censure of practitioners. The database will enable the generation of statistics that will allow for quality control, answer specific research questions and facilitate constructive planning of both specialist training and new interventional facilities.

It is my sincere hope that you will lend your enthusiastic support to this project, not only by contributing your data but also by interacting with the developers to ensure continuous improvement and enrichment of the database.

Kind regards

DR LEN STEINGO

President, SA Heart Association and Chairman, Cath Lab Registry Project Committee
Committee Members: Dr AJ Dalby, Prof A Doubell, Prof P Manga and Dr A Stanley

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R120 000 + VAT. Phone 082 446 1558

THE SOUTH AFRICAN HEART ASSOCIATION RESEARCH SCHOLARSHIP

This scholarship is available to all its members and associate members. It is primarily intended to assist colleagues involved in outstanding research to enhance their research programmes.

REQUIREMENTS

- ➔ Applicants must be fully paid-up members/associate members in good standing for at least two years
- ➔ Applications must include
 - an abbreviated CV of the applicant
 - a breakdown of the expected expenses

RECOMMENDATIONS

- ➔ Acceptance of an abstract of related work at an international meeting in the next year
- ➔ Publications of related work in a peer reviewed journal in the preceding year
- ➔ Applicants from a previously disadvantaged community
- ➔ Applicants younger than 35 years of age

APPLICATIONS MUST BE ADDRESSED TO

Education Standing Committee
South African Heart Association
P.O. Box 19062
Tygerberg
7505

THE SELECTION PANEL WILL REVIEW APPLICATIONS ONCE A YEAR. THE CLOSING DATE FOR APPLICATIONS IS SEPTEMBER 30 EACH YEAR

One scholarship will be awarded annually. The award is for an amount of up to R50 000.

APPLICATIONS WILL BE ASSESSED ACCORDING TO THE RESEARCH PROTOCOL ACCOMPANYING THE APPLICATION. THIS SHOULD INCLUDE:

- a) Abstract (maximum 200 words)
- b) Brief review of the literature (maximum 200 words)
- c) Brief description of the hypothesis to be investigated (maximum 100 words)
- d) Detailed methodology (maximum 500 words)
- e) References

SOUTH AFRICAN SOCIETY OF CARDIOVASCULAR INTERVENTION

SASCI continued to expand in membership and activities during 2007. As always, emphasis has been on providing educational opportunities to members and Registrars in training. Travelling Fellowships have been awarded, Fellows Workshops have been successful and further opportunities are planned for next year. We participated in the VASSA (vascular surgeons) weekend meeting in June and the year culminates in the Heart 2 Heart meeting in November, which SASCI has organised in collaboration with SOCTS (cardiac surgeons).

I believe SASCI has delivered on promises of sensible use of resources and the generous contributions from industry received during the years of tenure so far.

Much work needs to be done with the health funding industry, with HPCSA, MCC and Colleges of Medicine to meet the many challenges that face our members in the future. I am confident that the new Executive will tackle these issues enthusiastically, but it does require full support from members and industry alike if we are all to benefit from these efforts.

In terms of the Constitution, a new Chairman and Executive will be elected at the AGM to be held during the H2H meeting. This will hopefully bring new individuals into the planning of activities of the Society.

The successful evolution of SASCI over the past 5 years has been personally very rewarding, but could not have been achieved without the tremendous support from our Executive Officer, George Nel, and my Executive Committee. I extend my gratitude to them and wish the new Executive great success for the new challenges ahead.

A number of activities to look for to are: the launch of the SASCI website during the H2H Congress (www.sasci.co.za); Fellows Annual Workshop (29 Feb – 1 March 2008, Panorama Hospital in Cape Town); and RC Fraser International Fellowship (2008) as well as a new “Visiting Professors Program”.

We aim to continue to develop our areas of influence and offer a HELPLINE through our Executive Officer, George Nel, whereby any party can access us with enquiries, requests for assistance, lobbying, etc. His direct line is 083 458 5954. These requests will be dealt with in a professional and efficient manner to provide a vital service to all.

The Executive Committee elected to a 2-year term of office ending in 2007 is:

- Chairman Dr Tom Mabin
- Secretary Dr Farrel Hellig
- Treasurer Dr Clive Corbett
- Members
 - Dr Graham Cassel
 - Dr Jai Patel
 - Dr Steve Spilkin
 - Dr Adie Horak
 - Dr Mpiko Ntskhe
 - Mr Craig Goodburn (Industry)
 - Ms Glenda Weidemann (Industry)
- Executive Officer Mr George Nel

TOM MABIN
Chairman, SASCI (2003 - 2007)



SASCI
South African Society of cardiovascular intervention